

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	9:00am Maureen Gentle Flow Yoga	9:00am Shar Foundation Flow Yoga	9:00am Shar Foundational Flow Yoga		9:00am Linda Hatha Yoga
9:30am Maureen Starting Strong Yoga	10:30am Maureen Yoga Therapeutics		10:30am Maureen Therapeutic Flow Yoga	9:30am Debi Strength, Balance & Beauty	10:30am Tracy MovEx Yoga w/ Props
11:15am Sukhmani Kundalini Yoga		11:15am Sukhmani Kundalini Yoga		11:15am Sukhmani Kundalini Yoga	
			5:45pm Maureen Integration Yoga		Weekend Workshop See website for info
	6:00pm Bir Jiwan Kuar Intro to Meditation*	6:00pm Shar Foundational Flow Yoga		6:00pm Linda or Marc Restorative Yoga & Meditation <i>*alternating teachers</i>	
7:00pm Stefanosis Yin Yoga & Sound Bath	7:00pm Tracy MovEx Yoga w/ Props		7:15pm Maureen Therapeutic Flow Yoga		Weekend Workshop See website for info
		7:30pm Stefanosis Beg/Level One Yoga			
8:15pm Linda 1st Timer/Beginning Yoga*					

PRICING:	Single Class \$15	6 Pack (6 for 5) \$75	12 Pack (12 for 10) \$145	Unlimited Month \$130
				Unlimited Classes 10% off Weekend Workshops 1 time use Friend Pass

Mats, Blocks, Blankets, Straps, Bolsters and Pillows provided during class
 Enroll in advance via the MindBody® App, online, call or text. Walk-ins welcome

* 45-50 minute class. All other classes 60-70 minutes



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